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HOW TO PLAN MEALS IN WAR TIME

With Economical Menus and Suggestions
for Marketing

By MARY SWARTZ ROSE

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with the cooperation of

MARY G. McCORMICK, IRMA A. LATZER

and the students in one of the

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HOW TO PLAN MEALS IN WAR TIME

WITH ECONOMICAL MENUS AND SUGGESTIONS FOR MARKETING

PART I

EMERGENCY DIETARIES WITHOUT SPECIAL LIMITATION UPON COST

Upon the United States of America has fallen the duty of furnishing sustenance for a vast number of people, at a time when shortage of certain staple crops renders the fulfilling of the obligation peculiarly difficult. Our hope of success rests upon the hearty coöperation of all the people in the undertaking. The first and most pressing task is to avoid waste of even the smallest particles of food material. This is a service in which every one can participate, at least by cheerfully eating what is set before him and 'clearing his plate' every time, thus preventing food which has been sent to the table returning to the kitchen, there in danger of being consigned to the garbage pail. Those who cook can serve gloriously by letting nothing be burned or spilled, and by taking such pains that no one is tempted to leave partly eaten food to its fate.

Besides prevention of waste, it is our duty so to distribute food between our allies and ourselves that our allies have those things which are most useful to them and most suitable for transportation. This means that one of the staples which we must use sparingly is wheat. And since thirty-one per cent. of the fuel value of the American diet has hitherto consisted of wheat flour and bread, doing without considerable quantities of wheat necessitates some modification of our ordinary eating habits.

Furthermore, the general shortage of food materials lays upon us the necessity of saving grain by raising fewer animals for meat. The average American spends about one-third of his food money for meat, so that any considerable reduction in his meat consumption will result in a distinct alteration in the character of his meals.

Finally, in such times of stress, when thousands are starving, others should not be eating more than they need and storing the surplus in their own bodies as fat, when it ought to go to those who need it to sustain life itself. Hence, a general program of abstemious

living is in order. While it is not probably true that in the long run most people eat too much, there are some who habitually overeat, and others who do so spasmodically, and all well-nourished adults could afford to be more abstemious for a while.

With such points as these in mind, a week's menus have been planned, in which other cereals largely take the place of wheat, and meat is used in very moderate amounts. Potatoes are also used sparingly on account of their present scarcity. Quantities of food sufficient for the maintenance of an adult man who is not doing heavy manual labor have been indicated in market lists. For very active men, for women, and for children, suitable modifications have been suggested.

GENERAL PLAN OF MEALS

Breakfast: Fruit, cereal, bread in some form, coffee or other beverage, eggs if desired.

Luncheon: One substantial dish accompanied by a vegetable, bread and butter, fruit or other simple dessert.

Dinner: Meat or a suitable substitute, potatoes or a suitable substitute, a green vegetable, bread and butter, and a dessert.

The following suggestions are made as to the use of cereals, bread-stuffs, meat and potatoes:

BREAKFAST

Cereals

Oatmeal, 3 or 4 days per week
Corn flakes, 1 day per week
Hominy grits, 1 day per week
Puffed rice, 1 day per week
Corn meal, 1 day per week

Breadstuffs

White bread, 2 days per week
Corn bread or muffins, 2 days per week
Rye bread or muffins, 3 days per week
Rice muffins occasionally instead of cornmeal

LUNCHEON

Main Dish

Eggs, 2 days per week
Cheese, 2 days per week
Dried peas or beans, 1 day per week
Creamed vegetable (or cream soup),
2 days per week

Breadstuffs

Boston brown bread (with fine oatmeal substituted for graham flour),
2 days per week
Rye bread, 2 days per week
White bread, 2 days per week
Corn bread, 1 day per week

DINNER

Main Dish

Meat, not more than 4 days per week
 Fish, at least 1 day per week
 Dried beans, peas, cheese, or nuts in
 some form, at least 1 day per week

Breadstuffs

White bread, 3 days per week
 Rye bread, 2 days per week
 Corn or Boston brown bread, 2 days
 per week

Potatoes or Substitute

Potatoes, 2 days per week
 Rice, 2 days per week
 Baked bananas, 1 day per week
 Pearl hominy or samp, 1 day per
 week
 Carrots, parsnips, or other root vege-
 table, 1 day per week

GENERAL PLAN FOR PURCHASE OF FOOD MATERIALS

To exercise proper supervision over food supplies, so as to detect undue waste and other extravagance, it is necessary to know something of the amounts of different classes of food materials which taken together will insure adequate nourishment, and permit of the following of some special meal plan, such as that outlined above. The Diet List below is arranged for the average man not engaged in hard manual labor. To provide for a man at active manual labor or boys over twelve the amounts would need to be increased one-fifth or one-fourth; for active women, and girls over twelve, they would be fully adequate in most cases; for children under twelve, somewhat less food would be required, but the milk should be increased to one quart per capita. For children under eight the meat could be omitted entirely.

DIET LIST

Milk, adults 1 pint; children, 1 quart	Sugar (including molasses and
Meat or fish, 4 to 6 ounces, butcher's	syrup), 2 to 3 ounces
weight ¹	Eggs, 1 to 2
Cereals, 3 to 4 ounces	Potatoes or equivalent in cereals or
Breadstuffs (including flour), 5 to 6	other root vegetables, 4 to 5 ounces
ounces	Fruits and green vegetables, <i>ad lib-</i>
Fats (for table and cooking), 2 to 4	<i>itum</i>
ounces	

ONE WEEK'S MENUS EMBODYING ABOVE SUGGESTIONS

These menus are made out upon the above per capita basis and will furnish an adequate diet provided fruits and vegetables are included each day and the amounts indicated are taken to mean food

¹ Milk, peas, beans, cheese, or peanut butter may take its place wholly or in part.

actually eaten. In a family where there are children, certain changes in any menu proposed for adults are always necessary. For illustrations of the best types of meals for children other publications should be consulted.²

MONDAY

Breakfast: Oranges, cornmeal and cream of wheat cooked together, half and half, white bread toasted and buttered, coffee, sugar and cream.³

Luncheon: Japanese eggs,⁴ Boston brown bread, baked bananas.

Dinner: Cream of celery soup, Boston roast,⁵ asparagus, rye bread, lemon milk sherbet.

Materials Required ⁶

1 orange	1 ½ ounces white bread
4 tablespoons cornmeal	1 ⅞ cups milk
1 ½ tablespoons cream of wheat	1 tablespoon lemon juice
5 ½ tablespoons butter ⁷	1 ½ tablespoons rye flour
6 ½ tablespoons sugar	1 ½ tablespoons fine rolled oats
1 tablespoon thick cream	1 tablespoon molasses
1 tablespoon rice	3 tablespoons navy beans
1 egg	½ ounce cheese
1 apple	2 ounces rye bread
1 tablespoon flour	2 tablespoons coffee
10 stalks asparagus	Few stalks celery

TUESDAY

Breakfast: Stewed prunes, corn flakes, rice muffins, eggs, coffee, sugar, and cream.

Luncheon: Cream of corn soup, Welsh rarebit on rye bread toast, gingerbread.

Dinner: Lamb chops, scalloped potatoes, squash, white bread, tomato salad, French dressing, cream puffs.

² Teachers College Bulletins: Feeding of Young Children, Food for School Boys and Girls; Emergency Committee, American Home Economics Association, 19 West 44th Street, New York City, Bulletin: The Children's Meals.

³ Unless thick cream is specified, it is assumed that the top of each bottle of milk is removed and served for cream.

⁴ Poached eggs served in a border of steamed rice.

⁵ Boston roast (serves eight):

2 cups dried kidney beans	3 teaspoons salt
1 cup dried bread crumbs	1 tablespoon chopped onion
2 cups grated cheese	½ cup water or stock

Soak beans over night, cook until tender and water nearly evaporated, put through a food chopper, add other ingredients, shape into a loaf, and bake 1 hour.

⁶ In this and the following lists, baking powder, soda, salt, etc., are omitted.

⁷ For the sake of economy, oleomargarine is recommended in place of butter.

Materials Required

$\frac{1}{2}$ cup corn flakes	$\frac{1}{2}$ tablespoon cornstarch
2 cups milk	3 ounces rye bread
4 tablespoons thick cream	1 $\frac{1}{2}$ tablespoons molasses
$\frac{5}{8}$ cup flour	$\frac{1}{4}$ cup cooked squash
4 tablespoons butter	1 $\frac{1}{3}$ ounces white bread
5 prunes	1 medium tomato
1 tablespoon rice	$\frac{1}{4}$ head lettuce
1 egg	1 tablespoon olive oil
2 tablespoons sugar	1 large lamb chop
$\frac{1}{4}$ cup canned corn	2 tablespoons coffee
2 ounces cheese	1 medium potato
	1 teaspoon vinegar

WEDNESDAY

Breakfast: Fresh pineapple, oatmeal, rye bread toasted and buttered, orange marmalade, coffee, cream, and sugar.

Luncheon: Spanish rice,⁸ dandelion jelly salad, mayonnaise dressing, white bread and butter, cup custard.

Dinner: Roast beef, samp baked with milk (1 cup milk and 5 cups water to 1 cup uncooked samp), string beans, white bread and butter, pear salad, French dressing, chocolate blanc-mange with cream.

Materials Required

1 slice pineapple, 1 inch thick	1 tablespoon vinegar
$\frac{3}{8}$ cup oatmeal	4 ounces beef (raw weight)
1 $\frac{1}{3}$ ounces rye bread	1 tablespoon samp
4 ounces white bread	3 ounces string beans
3 tablespoons butter	2 halves canned pears
1 tablespoon marmalade	$\frac{1}{4}$ ounce chocolate
1 egg	2 $\frac{1}{4}$ cups milk
2 tablespoons coffee	4 tablespoons sugar
4 tablespoons rice	1 tablespoon onion
3 leaves lettuce	1 $\frac{1}{2}$ tablespoons cornstarch
$\frac{1}{4}$ cup cooked dandelion greens	1 ounce salt pork
$\frac{1}{3}$ tablespoon gelatin	$\frac{1}{2}$ cup canned tomato
2 tablespoons oil	$\frac{1}{2}$ teaspoon green pepper

THURSDAY

Breakfast: Stewed rhubarb with raisins, oatmeal, white bread toasted and buttered, eggs, coffee, sugar, and cream.

Luncheon: Vegetable soup, cream cheese and nut salad, mayonnaise dressing, rye bread and butter, rice pudding.

Dinner: Beef stew, spinach, fried egg plant, corn bread and butter, strawberries and cream.

⁸ For recipe see Teachers College Bulletin, Economical Diet and Cookery in Time of Emergency.

Materials Required

$\frac{1}{2}$ cup oatmeal	$\frac{1}{4}$ cup tomato
2 $\frac{1}{2}$ eggs	4 tablespoons flour
2 cups milk	$\frac{1}{2}$ ounce walnut meats
2 tablespoons thick cream	2 ounces white bread
4 $\frac{1}{2}$ tablespoons sugar	2 leaves lettuce
6 tablespoons butter	1 tablespoon oil
2 tablespoons coffee	2 ounces beef (lean meat)
2 $\frac{1}{2}$ ounces rye bread	8 raisins
1 $\frac{1}{2}$ tablespoons cream cheese	2 stalks rhubarb
2 small carrots	2 tablespoons cornmeal
1 slice turnip	$\frac{1}{6}$ medium egg plant
$\frac{1}{4}$ onion	$\frac{1}{4}$ pound spinach
1 stalk celery	$\frac{2}{3}$ cup strawberries
1 medium potato	$\frac{1}{2}$ tablespoon rice

FRIDAY

Breakfast: Bananas, hominy, rye bread buttered and toasted, omelet, coffee, cream, and sugar.

Luncheon: Pea loaf served with carrots in cream sauce, corn muffins, butter, peach marmalade, junket.

Dinner: Fish, baked potatoes, spinach, rye bread and butter, strawberry sponge, oatmeal macaroons.

Materials Required

1 banana	1 tablespoon flour
3 tablespoons hominy	2 tablespoons peach marmalade
4 ounces rye bread	$\frac{1}{4}$ pound halibut (or other fish)
2 eggs	1 medium potato
2 tablespoons coffee	$\frac{1}{3}$ cup strawberries
8 tablespoons butter	1 teaspoon gelatin
$\frac{1}{5}$ cup dried peas	3 tablespoons lemon juice
$\frac{1}{3}$ cup bread crumbs	$\frac{1}{4}$ pound spinach
2 cups milk	6 tablespoons sugar
$\frac{1}{4}$ cup cornmeal	$\frac{1}{4}$ junket tablet
$\frac{1}{4}$ cup carrot cubes	$\frac{1}{6}$ cup rolled oats

SATURDAY

Breakfast: Oranges, oatmeal, rye muffins and butter, coffee, sugar, and cream.

Luncheon: Fish timbales with cream sauce and peas, Boston brown bread, stewed apricots, cocoa.

Dinner: Kidney bean stew,⁹ Southern spoon bread,¹⁰ butter, banana fritters, cucumber salad, peach Bavarian cream.

⁹ For recipe see Teachers College Bulletin, Economical Diet and Cookery in Time of Emergency.

¹⁰ For recipe see Columbia University Bulletin, Wheat Substitutes.

Materials Required

1 orange	$\frac{1}{4}$ cup flaked fish
$\frac{1}{3}$ cup oatmeal	2 tablespoons green peas
4 tablespoons sugar	2 halves canned peaches
2 $\frac{1}{2}$ cups milk	$\frac{1}{2}$ banana
4 tablespoons butter	$\frac{1}{4}$ cup kidney beans
2 eggs	$\frac{1}{2}$ onion
4 $\frac{1}{2}$ tablespoons rye flour	$\frac{1}{2}$ tablespoon rice
$\frac{3}{4}$ cup wheat flour	$\frac{1}{2}$ cup tomatoes
2 tablespoons coffee	$\frac{1}{3}$ cucumber
$\frac{1}{2}$ tablespoon cocoa	3 leaves lettuce
1 $\frac{1}{2}$ tablespoons molasses	$\frac{1}{2}$ teaspoon lemon juice
4 tablespoons cornmeal	1 teaspoon gelatin
2 tablespoons graham flour	1 tablespoon oil
6 halves apricots	$\frac{1}{2}$ teaspoon vinegar
3 tablespoons bread crumbs	

SUNDAY

Breakfast: Strawberries, puffed rice, cornmeal griddle cakes with syrup, coffee, sugar, and cream.

Dinner: Chicken fricassee, boiled rice, asparagus, rolls, butter, orange and date salad, ice cream, sponge cake.

Supper: Egg salad, bread and butter, stewed prunes, cocoa.

Materials Required

$\frac{1}{3}$ pint strawberries	2 tablespoons oil
$\frac{3}{3}$ cup puffed rice	2 teaspoons vinegar
2 cups milk	2 eggs
2 tablespoons coffee	2 ounces white bread
$\frac{1}{4}$ cup cornmeal	2 teaspoons cocoa
6 $\frac{1}{2}$ cups flour	5 prunes
$\frac{1}{4}$ cup rice	3 tablespoons sugar
2 rolls	$\frac{1}{3}$ cup thick cream
6 dates	4 tablespoons butter
$\frac{1}{2}$ orange	$\frac{1}{2}$ pound chicken (raw weight dressed)
5 leaves lettuce	
8 stalks asparagus	

PART II

EMERGENCY DIETARIES AT MINIMUM COST

Higher prices for food, when the ordinary expenditure is barely sufficient for the maintenance of a family in good nutritive condition, threaten the undermining of health unless it is possible by choice of more economical food materials to provide the same nutriment without greater expenditure. And even if the family income is sufficient to allow ordinarily a rather liberal sum for food, the increase of prices upon other commodities makes it necessary for many to practice hitherto unthought of economies in the kitchen.

In rearranging any dietary plan, it is important to bear in mind that the less money there is available for food, the more important milk and cereals become. As a people, we have been extravagant in the use of meat, and we must now remember that its cost is out of all proportion to its nutritive value; and that except as regards pleasing the palate, its place can be well taken by milk, cheese, dried peas and beans, and peanut butter. The most conspicuous difference between butter and other forms of fat is its flavor, for which we pay so dearly that where the strictest economy is to be practiced no butter should be bought unless it is as cheap as any other fat which we might use in its place—which is rarely the case. The chief advantages of fresh fruits and vegetables are their delightful flavor and texture, and these, too, we may forego in large measure without any nutritional disadvantage, using dried and canned fruits and vegetables instead.

For the man doing moderately severe manual labor, and requiring from 3000 to 3500 calories per day, it is hardly possible at the present time to provide a wholesome and palatable diet, adequate in all respects, at a cost of less than 30 cents per day. The general plan upon which food selection must be based is shown below.

CHOICE OF FOOD MATERIALS TO SECURE 3000 TO 3500 CALORIES AT MINIMUM COST IN AN ADEQUATE DIET

		(Approximate)
Bread and cereals	14 ounces	1000 calories
Milk	1 pint	350 calories

		(Approximate)
Fats (drippings, oleomargarine, lard substitutes)	2 ounces	425 calories
Potatoes or equivalent in other root vegetables	5 ounces	100 calories
Sugar or molasses	3 ounces	350 calories
Dried fruit	2½ ounces	200 calories
Greens or other fresh vegetables according to season		10-50 calories
Meat ¹ (butcher's weight, 2½ ounces lean meat)	7 ounces	100-150 calories

The lower the cost of the dietary, the more important it is that attention be given to the food for the young children. Care must be taken that money which should go for the milk so important for children's growth is not spent for meat to please the adults. The following is proposed as a good working plan for feeding a family adequately at a minimum cost.

GENERAL PLAN OF MEALS FOR LOW-COST DIETARY

Breakfast: Cereal (oatmeal, cornmeal, barley), bread (corn, rye, wheat), oleomargarine, coffee for adults, milk for children to drink, sugar and milk for cereal and coffee.

Dinner: Meat, fish, dried peas or beans, cheese, in stew, loaf or other hot dish,² potatoes or other root vegetables, or rice, hominy, barley, greens according to season, bread (rye, corn, wheat, or made from flour mixtures), oleomargarine, cereal or milk pudding (rice, cornstarch, tapioca, cornmeal, oatmeal), or dried fruit with gingerbread or cookies, milk for young children to drink.

Supper: Cream soup or purée of rice, hominy, cornmeal or macaroni combined with cheese or peanut butter, bread (corn, rye, wheat), oleomargarine, dried fruit or cereal pudding, milk for children to drink.

ONE WEEK'S MENUS FOR A FAMILY AT MINIMUM COST

In harmony with the above general plan the following menus³ have been prepared, with accompanying market orders for the day and the week, for a family consisting of two adults (father and mother) and four children, all under nine years of age. These menus provide about 12,500 calories per day and at the present time cost about \$1.15 per day.

¹ To be replaced frequently by dried peas and beans, cheese, peanut butter.

² For recipes for meat substitutes see Teachers College Bulletin, Economical Diet and Cookery in Time of Emergency.

³ One week's menus from Stern and Spitz's Food for the Worker (Whitcomb and Barrows, 1917) were taken as the starting point, being adapted here to emergency conditions and family requirements.

MONDAY

Breakfast: Oatmeal, corn bread, oleomargarine, coffee, milk for children to drink, sugar and milk for cereal.

Dinner: Bean loaf,⁴ rice cooked with tomato, apple tapioca, rye bread, oleomargarine, milk for children.

Supper: Cornmeal mush (fried for adults, with milk for children), rye bread, oleomargarine, stewed prunes, cocoa (milk for youngest children).

Materials Required

$\frac{1}{4}$ pound dried apples	$2\frac{1}{2}$ cups rolled oats
$\frac{2}{3}$ cup tapioca	12 ounces rye bread
8 teaspoons cocoa	$\frac{1}{4}$ pound oleomargarine
$\frac{1}{2}$ pound prunes	1 cup navy beans
4 cups cornmeal	16 soda crackers
2 cups sugar	$\frac{7}{8}$ cup broken rice
1 ounce coffee	$\frac{3}{4}$ cup tomatoes
$4\frac{1}{2}$ quarts milk	

TUESDAY

Breakfast: Oatmeal with dates, rye bread, oleomargarine, coffee, milk for children to drink, sugar and milk for cereal.

Dinner: Samp baked with cheese, whole wheat bread and oleomargarine, peanut butter, stewed apricots, milk for children.

Supper: Split pea soup, corn bread, oleomargarine, dried apple sauce, milk for children.

Materials Required

5 ounces oleomargarine	$\frac{1}{4}$ pound cheese
8 ounces rye bread	$1\frac{3}{4}$ cups dried apricots
12 ounces whole wheat bread	4 ounces peanut butter
$4\frac{1}{2}$ quarts milk	1 cup cornmeal
$1\frac{1}{2}$ cups rolled oats	1 cup flour
2 cups sugar	1 cup samp
$1\frac{1}{3}$ cups split peas	$\frac{1}{2}$ cup dates

WEDNESDAY

Breakfast: Cornmeal mush, rye bread, oleomargarine, coffee, milk for children, sugar and milk for cereal.

Dinner: Brazilian bean stew,⁵ spinach, rye bread, oleomargarine, stewed dried peaches, tea for adults, milk for children, cheese for father's lunch.

Supper: Codfish balls (made with rice instead of potatoes), graham bread, oleomargarine, junket, caramel sauce, tea for adults, milk and peanut butter for children.

⁴ Bean loaf: 1 cup beans cooked and put through food chopper or sieve, 1 cup cracker crumbs, $1\frac{1}{2}$ teaspoons salt, $1\frac{1}{2}$ tablespoons fat; mix, shape into loaf and bake one-half hour.

⁵ See recipe for kidney bean stew, Teachers College Bulletin, Economical Diet and Cookery in Time of Emergency.

Materials Required

2 cups cornmeal	3 teaspoons tea
4½ quarts milk	3 tablespoons coffee
1⅞ cups sugar	1 cup Brazilian beans
20 ounces rye bread	1 pint tomatoes
6 ounces oleomargarine	⅝ cup rice
½ pound dried peaches	1 tablespoon cornstarch
2 ounces cheese	1 tablespoon onion
2 junket tablets	½ pound salt cod
3 ounces peanut butter	1 pound spinach
10 ounces graham bread	1 egg

THURSDAY

Breakfast: Hominy grits, corn bread, oleomargarine, coffee, milk for children, sugar and milk for cereal.

Dinner: Macaroni and cheese, beet greens, white bread, oleomargarine, apple sauce, gingerbread, milk for children.

Supper: Cream of celery soup, rhubarb sauce, graham bread, oleomargarine, oatmeal wafers, tea for adults, milk for children.

Materials Required

1¼ cups hominy grits	¾ cup macaroni (1 inch pieces)
4½ quarts milk	½ cup grated cheese
10 ounces graham bread	2 tablespoons vinegar
3 tablespoons coffee	6 apples
2 teaspoons tea	2½ cups sugar
13 ounces oleomargarine	12 ounces white bread
1 cup cornmeal	1½ teaspoons ginger
5¾ cups white flour	2 cups rolled oats
⅓ cup crisco	1 tablespoon cornstarch
1⅙ cups molasses	1 pound rhubarb
1 pound beet greens	1 pound celery

FRIDAY

Breakfast: Cornmeal mush (fried and served with syrup for adults, with milk and syrup for children), white bread toasted, oleomargarine, coffee, milk for children.

Dinner: Baked beans, whole wheat bread, oleomargarine, carrot marmalade,⁶ tea for adults, milk for children, peanut butter and banana for father.

Supper: Cream toast with one egg, stewed raisins, oatmeal wafers, milk.

⁶ For recipe see Teachers College Bulletin, Economical Diet and Cookery in Time of Emergency.

Materials Required

1 cup cornmeal	1 egg
12 ounces white bread	1 banana
10 ounces whole wheat bread	2 cups raisins
$\frac{1}{4}$ cup oatmeal	3 cups sugar
1 tablespoon crisco	$\frac{1}{3}$ pound carrots
6 ounces oleomargarine	$\frac{1}{2}$ orange
4 $\frac{1}{2}$ quarts milk	$\frac{1}{2}$ lemon
1 $\frac{1}{5}$ cups navy beans	2 tablespoons coffee
$\frac{1}{2}$ ounce peanut butter	2 teaspoons tea

SATURDAY

Breakfast: Barley, whole wheat bread, oleomargarine, coffee, milk for children, sugar and milk for cereal.

Dinner: Split peas baked with pork, corn bread, steamed rice with milk for youngest children, apple sauce, milk for children, tea for adults.

Supper: Cheese cream toast, stewed prunes, whole wheat bread, oleomargarine, milk for children, tea for adults.

Materials Required

4 $\frac{1}{2}$ quarts milk	5 ounces oleomargarine
20 ounces whole wheat bread	$\frac{1}{4}$ cup molasses
1 cup cornmeal	4 teaspoons tea
2 cups barley	$\frac{1}{4}$ cup coffee
1 cup rice	1 cup dried apples
1 $\frac{3}{4}$ cups split peas	1 $\frac{1}{2}$ ounces cheese
$\frac{1}{4}$ pound salt pork	1 cup sugar
$\frac{3}{4}$ cup flour	1 slice onion
$\frac{1}{2}$ pound prunes	

SUNDAY

Breakfast: Hominy grits, rye bread, oleomargarine, coffee, milk for children, sugar and milk for cereal.

Dinner: Baked corn and beans, rye bread, oleomargarine, rice pudding with raisins.

Supper: Baked bananas, cornmeal muffins, oleomargarine, milk for children, tea for adults.

Materials Required

1 cup hominy grits	1 cup canned corn
5 quarts milk	$\frac{3}{4}$ cup rice
$\frac{1}{4}$ cup coffee	$\frac{1}{2}$ cup raisins
24 ounces rye bread	5 bananas
5 ounces oleomargarine	$\frac{3}{4}$ cup corn meal
1 $\frac{1}{2}$ cups sugar	$\frac{3}{4}$ cup flour
2 cups Brazilian beans	2 teaspoons tea

MARKET LIST FOR THE WEEK

32 quarts milk	$\frac{1}{2}$ pound prunes
$\frac{3}{4}$ pound cheese	$\frac{1}{2}$ pound dried peaches
2 eggs	$\frac{7}{8}$ pound dried apples
2 $\frac{1}{2}$ pounds oleomargarine	$\frac{5}{8}$ pound dried apricots
2 $\frac{1}{2}$ ounces crisco	1 pound rhubarb
7 $\frac{1}{2}$ ounces peanut butter	6 bananas
$\frac{1}{4}$ pound salt pork	$\frac{1}{2}$ orange
$\frac{1}{2}$ pound salt cod	$\frac{1}{2}$ lemon
3 $\frac{1}{2}$ pounds cornmeal	6 fresh apples
3 ounces macaroni	$\frac{1}{2}$ pound coffee
1 $\frac{1}{4}$ pounds split peas	1 ounce tea
1 pound navy beans	1 pound spinach
1 $\frac{1}{2}$ pounds Brazilian beans	1 pound beet greens
$\frac{7}{8}$ pound hominy	1 ounce gelatin
1 $\frac{5}{8}$ pounds rolled oats	1 can corn
5 ounces samp	1 small onion
1 pound, 9 ounces rice	1 pound celery
$\frac{3}{4}$ pound barley	2 junket tablets
$\frac{3}{8}$ pound tapioca	$\frac{1}{3}$ pound carrots
2 pounds flour	1 pint canned tomatoes
1 ounce cornstarch	4 pounds rye bread
$\frac{3}{4}$ ounce cocoa	1 $\frac{1}{4}$ pounds graham bread
5 $\frac{1}{6}$ pounds sugar	1 $\frac{1}{2}$ pounds white bread
1 $\frac{1}{2}$ cups molasses	2 $\frac{5}{8}$ pounds whole wheat bread
1 $\frac{1}{8}$ pounds raisins	$\frac{1}{2}$ pound crackers
$\frac{1}{4}$ pound dates	

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